



## "FAMILY FITNESS FOR A BUSY LIFE!"

### For Parents, Babies & Toddlers

### Ages 3 Months – 2 yrs.



**CLASS INFORMATION:** At a time in life when it is perhaps more important than ever to have a healthy exercise routine, parents of babies and young toddlers often have to push physical health aside to juggle their many responsibilities. Join Coach Anne Torrez and the Exeter Recreation Department for an exercise program designed to incorporate your young child into your fitness routine! This class will be a chance to meet other parents who live in the Seacoast area, exercise, and have fun with your child all at once! In a supportive and fun environment, Anne will lead an exercise program that will teach you ways to incorporate physical fitness into your life as a parent of a young child. All fitness levels welcomed. Please bring a yoga mat, towel or blanket.

**INSTRUCTOR:** Anne has been coaching clients in triathlon and fitness since 2011. As an athlete, wife and work-at-home mom, she understands how challenging it can be to find time for exercise and training. She specializes in helping her clients reach their personal goals by creating individualized exercise and training plans that fit into their busy lives. She incorporates her clients' favorite activities to make exercise enjoyable, and challenges them to try new workouts that will push them to improve their fitness level. Whether your goal is to shed a few pounds, run your first 10k or stand on the podium at a race, Anne can help you reach your next fitness goal! In her spare time, you can find Anne reading a book, hanging out with her family and friends or taking a jog around the seacoast.

**REGISTRATION:** Registration is open to Parents & Child of Exeter and surrounding towns, on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, mail or fax. Payment must be paid at the time of registration and a medical release form must be completed. (4) Minimum, (15) maximum.

**LOCATION:** Classes will be held in the Upstairs Large Room at the Exeter Recreation Building, 32 Court Street, Exeter. Come and try a fun and exciting class!

**FEE:** Please make your check payable to: EPRD. Visa & MasterCard accepted. Sorry, no refunds unless the program is cancelled. A \$20.00 fee is assessed for each returned check.

Monday's, February 23 <sup>rd</sup> – April 13 <sup>th</sup> , 2015			
Class (6-Weeks)	Time	Fee	Class Code
Parent & Child	11:30am – 12:15pm	\$60.00	114500-1A
Family (2 Parents & 1 or 2 Child(s))	11:30am – 12:15pm	\$85.00	114500-1B
Parent & Child Drop In	11:30am – 12:15pm	\$12.00	114500-1C
Family Drop In	11:30am – 12:15pm	\$16.00	114500-1D

Saturday's, February 21 <sup>st</sup> – April 11 <sup>th</sup> , 2015			
Class (6 Weeks)	Time	Fee	Class Code
Parent & Child	11:30am – 12:15pm	\$60.00	114501-1A
Family (2Parents & 1 or 2 Child(s))	11:30am – 12:15pm	\$85.00	114501-1B
Parent & Child Drop In	11:30am – 12:15pm	\$12.00	114501-1C
Family Drop In	11:30am – 12:15pm	\$16.00	114501-1D

**EXETER PARKS & RECREATION DEPARTMENT**  
 32 Court Street, Exeter, NH 03833  
 Phone: 773-6151, Fax: 773-6152  
 Website: <http://exeternh.gov/recreation>  
 Business Hours: Monday-Friday, 8:15am-4:15pm